



Office for Senior Resources Putnam Valley Friendship Center

July 2026 ~ (845) 808-1730

Open: Mondays-Fridays 9:00 am – 2:00 pm

July Activities:

Monday Bingo/cards/billiards

- 10:00 am Art w/ Maggie
- 10:00 am Tai Chi w/ Kim
- 11:00 am Meals on Main Food Truck
- 12:00 pm Rummikub
- 1:00 pm Dance 4 Fit w/ Christine

Tuesday Bingo/cards/billiards

- 10:30 am Line Dancing w/Betty
- 12:00 pm Movie

SHOPPING – ShopRite

Beach Shopping - 3rd Tuesday of the month

Wednesday Bingo/cards/billiards

- 10:30 am Line Dancing w/ Rich
- 11:00 am Coffee & Conversation
- 12:30 pm Nutty Knotters
- 1:00 pm Pilates w/ Christine

Thursday Bingo/cards/billiards

- 10:00 am Chair Yoga w/ Lucy
- 1:00 pm Exercise w/ Sue

Friday Bingo/cards/billiards

- 10:00 am Garden Club w/ Carla
- 11:00 am Zumba w/ Kelly
- 12:30 pm Ceramics
- 1:00 pm Mindfulness Yoga w/Jacque
6/10, 6/17, and 6/31

On-line exercise classes and call-in activities are available. Please contact 845-808-1700 to register.

On-line Exercise Classes

(Using MicroSoft TEAMS App):

- Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
- Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

- Wednesday, JULY 15th @ 3:00 pm – BOOK CLUB w/ Sally Jo
- Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
- Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

On-line Caregivers Support Group Meeting

(Using the MicroSoft TEAMS App):

- Thursday, JULY 23rd @ 2:00 pm
- To register, please contact Lynne Cabiati
(845) 808-1700 ext. 47113

July Special Events

- July 1 -- **Blood Pressure Screening @ 10:00 am**
w/ Mary Massoud, OSR Registered Nurse
- July 3 -- **July 4th Holiday (Observed). ALL SITES CLOSED.**
No Delivery of Home Delivered Meals.
- July 7 -- **Summer Heat Health Presentation @ 10:00 am**
w/ Mary Massoud, OSR Registered Nurse
- July 7 -- **Review BP Screenings @ 10:30**
w/ Mary Massoud, OSR Registered Nurse
- July 7 -- **Crafts w/ Liz @ 11:00 am**
- July 14 -- **Caregivers Support Group @ 11:45 am**
- July 15 -- **Book Club @ 3:00 pm**
- July 21 -- **Brain Fitness @ 10:00 w/ Mike**
- July 28 -- **Blood Pressure Screening @ 10:00 am**
w/ Mary Massoud, OSR Registered Nurse

Upcoming Event

Falls Prevention Week – September 21st – 25th

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call 845-808-1700 ext. 47104.

To know about delays or cancellations in the event of inclement weather, please call 845-808-1700/press 0 or look out for Senior Blast notifications.